

The Buzz Bulletin



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Newsletter of the
North Hampshire Prostate
Cancer Support Group

Welcome to the Buzz Bulletin

Chairman's Chat

The new NHS contract tracing app

If you wanted try the new NHS Covid-19 contact tracing app on your smartphone but have been put off by reports saying that will only work on new phones, don't give up yet as it should work on smartphones made from 2015 onwards. i.e. up to 5 years old.

The app is compatible with Apple phones from 6S and above but not the iPhone 6. The iPhone operating system, IOS, must be version 13.5 or above and this is available as a free download from Apple. Click on Settings, then About to see your iPhone model number and IOS version, and if the IOS is lower than 13.5, click Software Update

Most Android smart phones should run the NHS App with Android version 6 and above and that was released in 2015. You will however not be able to

update to the very latest version of the Android operating system (V11) unless your phone is a recent model. Check on your phone settings to find the Android version.

Smart phones, just like regular computers running Microsoft Windows, are vulnerable to malware (viruses) and should have their own operating system updates installed as soon as possible. Unlike Apple however, Android updates are usually dependant on your mobile phone service provider and these are typically only available for a couple of years after the phone model was released.

Like all computer related updates this may not work for everybody and if you keep a lot of personal data or photos on your smartphone, make sure you have backed it up before trying any of the updates above.

Martin

(ex-computer support engineer)

Publicity News

What we all Dread

For every man who has been successfully treated for prostate cancer, it is their biggest nightmare, that it may return again. The latest Zoom meeting of the North Hampshire Prostate Cancer support Group was addressed by two of the specialist nurses from the charity PCUK. Whilst the lead speaker empathised "One size does not fit all", he highlighted some of the warning signs and potential subsequent treatments. A full report of the meeting can be seen on Page 2. As a group we were again delighted to have our specialist cancer nurse Lorraine Poole with us to answer questions.

Of real news, Stephanie Wallis, the fitness instructor who ran the group's exercise class each Monday at the Basingstoke Sports Centre has now set up on her own as "Stepping Stones – Health and Wellbeing", and is running weekly classes at the Hill Rise Community Centre in Bach Close, Brighton Hill, RG22 4JZ, starting with the first class at 11:45 on Monday 5th October. Attendance numbers are currently limited because of Covid-19, so pre-booking is required. Email:- steppingstoneshw@gmail.com

Group Meetings

Group Meetings are via ZOOM



Together we are Stronger

Contact

For more information
call or text: 07377 430 242
email: info@nhpcsg.org.uk
website: www.nhpcsg.org.uk



North Hampshire Prostate Cancer
Support Group



September Meeting Report

Most of us had our initial treatment many years ago and have been living active lives with no cancer symptoms, other than the inconvenience of treatment side effects such as incontinence. Many of us have been discharged from our consultant's monitoring back to the care of our G.P. but there is always a concern that how will we know if the cancer comes back?

At our September group Zoom meeting we had a very interesting talk from John Robertson, one of the Prostate Cancer U.K. nurses, who explained what we should be aware of, and the potential treatment options.

PSA levels, just as at the initial diagnosis, are a key cancer indicator and need to be regularly monitored, but unlike an initial diagnosis, there is no simple threshold upper PSA limit when action is necessary. PSA levels will vary considerably

depending on whether your prostate has been surgically removed, or if you have had other forms of treatment. And yes you can still produce the prostate specific antigen (PSA) even when the prostate has been removed.

The key cause for concern is if your PSA levels are now continuing to rise after a period of being stable. John explained that some GPs, whilst they are aware of PSA threshold levels for initial prostate cancer investigation, may consider a low PSA level, even if it is rising slowly, of no particular concern. John advised that if this was the case, affected men should seek an appointment with their G.P. or consultant to discuss the situation. Further guidance is available from the Prostate Cancer UK telephone helpline or your clinical nurse specialist.

Other potential indicators of concern include back, stomach or bowel pains. John advised that if

you are experiencing any unusual regular aches or pains that are not otherwise attributed to your usual (growing older) arthritis or overdoing the gardening sprains, you should seek further medical advice.

Just like your initial prostate cancer investigations, further scans may be necessary and these include MRI and PET (positron emission tomography) scans, though some may mean travelling to another hospital.

The first line of treatment if the cancer is spreading is hormone therapy, and there are several other options available including regular radiotherapy, Cyberknife (a form of focused radiotherapy delivered with the aid of a robot) and chemotherapy.

If you have any concerns or unexplained symptoms, don't just hope they will go away, seek qualified medical advice as soon as possible as the earlier any necessary treatment is started, the better the outcome.



If you have subjects you would like publishing in YOUR newsletter please send them to us using the contact information



DIARY DATES

Following Government Advice venues have been closed. Group Meetings are via Zoom.

Our next online meeting is on Thursday 29th October at 2.00pm

There will be no Organised CHRISTMAS LUNCHEON this December unless there is a change in Government policy. We will arrange a speaker on a less formal topic.

Bring your own mince pies.